

*Fostering Hope...*

*Adopting Change*

*Spring Conference*

for foster and adoptive parents and workers

**March 6 & 7, 2015**

**Adventureland Inn - Altoona**



# Conference Details

## CONFERENCE REGISTRATION

Participants have the option to register via mail or online. To register for this conference, please complete the registration form on page 15 and mail to IFAPA with a check or money order or visit the IFAPA website to pay by credit card. Phone registrations will not be accepted. This conference booklet and registration form can also be found online at [www.ifapa.org](http://www.ifapa.org). **The registration deadline is Tuesday, February 17th.** All registrations must be postmarked or dropped off at the office (office hours are 8am-4:30pm) by Tuesday, February 17, 2015. A confirmation letter will be emailed to all registered participants the week of March 2, 2015.

**CANCELLATION REFUND DEADLINE IS TUESDAY, FEBRUARY 17, 2015 - NO EXCEPTIONS.**

## EARLY REGISTRATION DRAWING

All conference registrations received by the early registration deadline (**Friday, Jan. 16th**) will be entered into a drawing to win a free conference registration. The winner will be notified prior to the conference.

## CONFERENCE SCHEDULE

Please see page 14 for our conference schedule.

## CHILD CARE

No children will be allowed in training sessions or during lunch. If your family will be staying at the hotel, please be sure they are supervised at all times. Lifeguards are not on duty in the pool areas.

IFAPA has worked hard to bring high quality speakers to this year's conference. It is cost prohibitive for IFAPA to provide childcare, meals and/or planned activities for children during the conference. We know how important it is for you to be able to take time out for yourself and be able to give your full attention to the important topics being discussed in the training sessions without possible interruptions by children.

## LUNCHEONS

A plated lunch is held each day of the conference and is included in the conference registration price. Please see our conference schedule on page 14 for the menu. If a vegetarian or gluten-free meal is needed, please specify on your registration form or notify IFAPA by Feb. 17th.

## EXHIBIT TABLES

Stop by our exhibit space to visit with organizations that can offer resources and support to foster, adoptive and kinship parents.

**Each day of the conference is worth six hours of foster parent training credit.**



## Conference Location

Adventureland Inn - Altoona, IA  
(3200 Adventureland Drive / Off I-80 - Exit 142A)  
515-265-7321 / [www.adventureland-inn.com](http://www.adventureland-inn.com)

## Hotel Arrangements

The conference hotel room rates are \$99 per night for a standard room (taxes not included). To receive IFAPA's conference room rate at the Adventureland Inn for Thursday, Friday and/or Saturday night you must make your reservations **NO LATER THAN SAT., FEB. 15TH**. Please mention you are attending the IFAPA conference. Only a limited number of rooms will be reserved so they are on a first-come, first-serve basis. (Check in time is 4pm / Check out time is 11am)

Adventureland Inn is a year round destination for families of all ages. Relax, splash or slide in their two tropical courtyards that include three pools, playful water features, a swim-up bar, and two hot tubs. PLEASE NOTE: Only Adventureland Inn hotel guests with a room reservation are able to use Adventureland's indoor water park. Children must be supervised at all times, lifeguards are not on duty.

Hotel reservations made after Saturday, February 15th will be given the current room rate being offered by the hotel. Be sure to make hotel reservations NOW because the 2015 Girls State Basketball Tournament is being held in Des Moines the same weekend as the conference, so hotel rooms can be SOLD OUT.



# Session A

## Friday Workshops (8:00am to 10:00am)

### **A1 - "Crazy-R-Us": Managing Crises in Foster and Adoptive Homes**

This training will be fun and interactive, teaching participants how to look for the "calm" times before the crisis and how to avoid or de-escalate when a crisis occurs. Learn take-home tools to avoid being pulled into the argument and how to maintain control when your child is out of control. (Bambi Schrader)

### **A2 - Don't Give Up on Me**

This session will describe the relationship between feelings and children's behavior. We will learn how identifying feelings and allowing the child to express them can help to diffuse anxiety and de-escalate out of control behavior. This session will also examine the role multiple placements can play in a child's behavior and provide time for participants to problem solve a variety of ways the placement can be maintained. (Christy Meyer) (Social Work CEUs)

### **A3 - The Use of EMDR to Address Trauma and Attachment Issues**

Eye movement desensitization and reprocessing (EMDR) therapy has been extensively researched and is recognized as an effective form of trauma treatment. This course will address the process used during EMDR therapy and the role that sensory experiences play in reducing the impact of traumatic memories in children with trauma histories as well as PTSD and attachment issues. EMDR works to create changes in thought, reduce current situations that trigger dysfunctional emotions, beliefs and sensations and works to create the positive experiences needed to enhance future adaptive behaviors. (Alyssa Shepard, LMSW) (Social Work CEUs)

### **A4 - Seven Wonders of Adoption**

This workshop will explore how children are impacted by separation from their birth families. Participants will learn about the seven adoption issues, how adoption impacts typical child development and finally develop greater empathy for the perspective of the adoptee. (Betsy Keefer Smalley) (Social Work CEUs)

### **A5 - Generations Next 2.0: Media and Toxic Culture**

During this session participants will be exposed to the often toxic world of today's media including television, movies, and video games. You will get to feel and experience the media that the average U.S. teen often spends up to 32 hours or more per week immersed in. We will explore the connection between media exposure and increases in aggressive thoughts, feelings, and behaviors. We will discuss specific strategies for processing, discussing, and setting limits when it comes to toxic media. (Mike McGuire) (Social Work CEUs)

### **A6 - CPR and First Aid (part 1 of 2)**

Participants who are registering for CPR and First Aid must also register for part two of this course. No exceptions will be granted. (Maria Calhoun)

## Session B

## Friday Workshops (10:15am to 12:15pm)

### **B1 - Introduction to Neuropharmacology and Drugs of Abuse**

The main emphasis will be on psychiatric illnesses, such as major depression, bipolar depression, ADHD, schizophrenia, chronic pain and anxiety. Currently available treatments for these disorders will also be discussed, including drugs such as antidepressants, CNS stimulants, antipsychotics, opioids and CNS depressants. The course will also focus on the abuse aspects of these agents, especially in regard to development of physical and/or psychological dependence. (Vanja Duric, PhD, MD)

(Social Work CEUs)

### **B2 - Foster Parents as Mentors**

This course will "connect the dots" between a traumatic past and poor choices for the biological parents of children in care and introduce the idea that foster parents of these children can be part of the solution helping the biological parents to learn the skills they need in order to parent effectively. We will look at ways that foster parents can be part of the solution for children in care. (Christy Meyer)

### **B3 - New Diagnosis to The DSM 5: Disruptive Mood Dysregulation Disorder**

This new diagnostic category includes children exhibiting persistent irritability and severe behavioral outbursts. The push for the new diagnosis in the DSM 5 (Diagnostic and Statistical Manual of Mental Disorders) came about because of the increase in children being diagnosed with Bipolar disorder. Learn about Disruptive Mood Dysregulation Disorder (DMDD) as a diagnosis and the differences between similar diagnoses, strategies to address behavioral outbursts and temper tantrums as well as ways to shift your thinking to view behavioral outbursts as a way a child is communicating an unmet need rather than an act of disobedience.

(Alyssa Shepard, LMSW) (Social Work CEUs)

### **B4 - Nine Essential Skills of Trauma Informed Parenting**

This workshop explains the impact of trauma on children and will outline the nine essential skills of trauma-informed parenting, as presented in the National Child Traumatic Stress Network's Trauma Toolkit. Participants will understand complex trauma and learn way to apply these skills to their own foster caregiving or adoptive parenting. (Betsy Keefer Smalley) (Social Work CEUs)

### **B5 - Generations Next 2.0: Relationships and Risky Business**

This session will explore the trends that make up parts of the risky and often toxic human interaction world for today's teens. Today's teens relate to one another less personally and more electronically and as such what was once a community of friends and acquaintances has expanded to a virtual world of social contact - some with great risk. With this, opportunities for human trafficking, bullying, grooming, and teen sexual and dating violence have increased. Other types of risky behavior such as distracted driving will also be explored. (Mike McGuire) (Social Work CEUs)

### **B6 - CPR and First Aid (part 2 of 2)**

Participants must also register for session A6 - no exceptions will be granted. (Maria Calhoun)

## Session C

## Friday Workshops (2:00pm to 4:00pm)

### **C1 - A Guide to Supporting the Biological Family While Their Child is in Care**

This course will assist participants in learning ways that foster parents can reach a family in need and provide encouragement, outreach, and support during their time of crisis as well as assist them in developing ways to establish healthy boundaries and work collaboratively with a team. We will also discuss the other end of the spectrum where the biological parents are unable to make the appropriate choices and the case moves to termination of parental rights or guardianship. (Carly Shaw)

### **C2 - Emotional Regulation Training for the Traumatized Child and Their Family**

For children who have a trauma history it can be difficult to differentiate between normal patterns of behaviors and concerning behaviors. This course will explore the neurological and cognitive impact trauma has on a child's development as well as problematic outcomes that are often experienced by the children and their family. Techniques for recovery and stabilization of behavior will be discussed as well as ways to reduce reactivity for the entire family. (Jill Sudak-Allison, PhD & Joshua Woods, PhD)

(Social Work CEUs)

### **C3 - Triggers: What Can Cause an Adoption Related Crisis?**

It is often difficult for parents and professionals to determine which behaviors are related to normal child development and which are related to adoption. Often, the answer lies in the "triggers," identifiable situations or events that can create emotional upheaval for the adopted child or young adult. This class should assist parents in developing strategies for preventing or ameliorating crises that can "derail" a child as he grows into a healthy adult. (Betsy Keefer Smalley) (Social Work CEUs)

### **C4 - Generations Next 2.0: "Through the Looking Glass"- Drug & Alcohol Trends & Teens**

This breakout session will provide participants with knowledge about the latest trends that are popular with teens when it comes to alcohol and other drugs. This overview will touch on the most prominent substance abuse trends in today's culture. From the old and familiar (yet still popular) to the new and synthetic, we will equip you with up to date information and what to watch for. (Mike McGuire) (Social Work CEUs)

### **C5 - Adverse Childhood Experiences: A New Way of Understanding Lifelong Health**

This presentation will introduce participants to the Adverse Childhood Experiences Study. It will share: the study's findings, along with data collected from an Iowa survey, a framework for how adverse experiences lead to later health outcomes and risky behaviors, and how we can begin to respond to these findings in Iowa. Following a review of the research, attendees will participate in a facilitated discussion to develop action steps. (Lisa Cushatt, MSW) (Social Work CEUs)

### **C6 - You Can't Push My Buttons Anymore:**

#### **Resolving Your Own Trauma So You Can Effectively Parent Traumatized Children**

All of us carry unresolved trauma from childhood into our adult lives. Often we don't realize it still impacts us until we discover our kids can push our buttons like never before. In this class we look at the parts of the brain and how memories are formed. We will also explore how unresolved trauma negatively affects our responses and how to respond in positive ways. (Jolene Philo) (Social Work CEUs)

## Session D

# Saturday Workshops

(8:00am to 10:00am)

### **D1 - Navigating the World of Special Needs Parenting**

As a parent of two children, one deaf and one with autism, Jenn understands that parenting a child with special needs is simultaneously the most rewarding and most complicated journey a parent will travel. This course will assist parents in navigating the many worlds of special needs parenting include diagnosis, educational services, therapeutic services, managing relationships with team members, best discipline strategies and self-care. (Jenn Pedersen)

### **D2 - Intentional Parenting: Changing Hurdles Into Healing**

Parenting adopted and foster children needs to come from a different direction than parenting biological children. This workshop will teach parents how to become more intentional. Using an innovative new formula which combines removing hurdles, acquiring a new clarity, tons of "in the moment" tools and techniques that really work, and a plan to nurture hope for the long, arduous journey of building and maintaining your child's all important safety net will assure that you will be ready to put your healing plan in place immediately! (Stacy Manning, RN) **(Social Work CEUs)**

### **D3 - Building Relationships Through Play**

This course will introduce parents and professionals to the use of play to build healthy relationships with children across the age spectrum. Through direct experiences participants will learn and practice together many different games, activities, and techniques to build relationships with children of any age. Come prepared to have some fun and to play together! (Tony Raymer, LMSW) **(Social Work CEUs)**

### **D4 - Becoming a Regulated Parent: Creating Sanctuary Amidst the Chaos\***

As parents and caregivers of children and youth with trauma histories, we give and give and give. But how can we truly be the conduit to healing for our children if our batteries are "running on empty" day after day? YOU are the key to healing! Healing children who have been traumatized in a relationship can only heal in relationship! Our children need and deserve us to be a source of regulation and calm for them. This session will focus on you, the caregiver, the healer and enhance your journey to becoming a regulated parent. (Denise Leffingwell)

*\*Please note: This course replaces Sibling Abuse: The New Epidemic*

### **D5 - Sleep: How To Know When Something Is Wrong and What To Do**

Sleep is vital to our health and ability to lead successful lives; however, sleep is often misunderstood. When we don't sleep well it affects all other aspects of our world. Participants will learn what healthy and developmentally normal sleep looks like and what are some red flags to signal there might be an issue. Joann will explore the three major categories of childhood sleep disorders, dyssomnias, parasomnias, and psychiatric/medical. Included in our discussions will be nightmares, night terrors, nocturnal enuresis, sleep-onset association disorder, separation anxiety and good sleep hygiene techniques! (Joann Seeman Smith, PhD)

### **D6 - CPR and First Aid (part 1 of 2)**

Participants who are registering for CPR and First Aid must also register for part two of this course. No exceptions will be granted. (Maria Calhoun)



# Session E

## Saturday Workshops (10:15am to 12:15pm)

### **E1 - What Do These Behaviors Mean? Understanding Trauma Through a New Lens**

Our experiences and relationships have all laid a foundation to how we react and respond to a variety of situations and experiences. When trauma is woven into these experiences and interactions, our behaviors may become inappropriate or "maladaptive." Parenting is stressful enough, but when you add a child or youth to the mix with a trauma history, the day to day life can be downright exhausting. This session will take a more in depth look at the trauma behind the behaviors, uncover the function of these behaviors (there is a function to every behavior!) and how caregivers can begin the process of responding to our children from a trauma sensitive perspective! (Denise Leffingwell, MSW, LISW) **(Social Work CEUs)**

### **E2 - Lying, Stealing and Other Pushback Behaviors**

Have you ever questioned why your child feels the need to lie to you all the time or steal? Staying positively connected with our adoptive and foster children becomes very difficult when we are dealing with difficult behaviors. We can quickly be pushed back from the connection we would like to have with our children. Learn how to become an Intentional Parent and use the "Behavior Breakdown" technique to get everyday life on track. Using the right tools and techniques will help decrease your child's use of push back behaviors in your relationship! You will be ready to put your plan in place immediately! (Stacy Manning, RN) **(Social Work CEUs)**

### **E3 - It's Not About Being Nice, It's About Being Effective:**

#### **Parenting to Understand Trauma and Responding Effectively to Troubling Behaviors**

In this training we will learn how behavior is a form of communication and how even extreme behaviors are grounded in the human will. Practicing "trauma informed consequences," not only addresses the superficial behaviors, but help us and the youth "decode" what is being communicated through their behavior. (Lois Smidt & Krista McCalley) **(Social Work CEUs)**

### **E4 - Bullying and Sibling Abuse**

This workshop addresses a concise definition of bullying, the root causes of bullying, prevention/intervention strategies for both bullies and the victims of bullying. It pinpoints behavior issues of children/teens who are victims of this problem. It provides, step-by-step, ideas to improve discussions for parents for intervention/prevention for bullies and bullied children. (Nancy Kilgore)

### **E5 - My Child Has What? Understanding Mental Health Diagnoses**

Mental health jargon is not always easy to understand. This training will address how to go about getting proper diagnoses, what some common diagnoses are, and what you can do once your child has been diagnosed. The information in this course will help to make the process of getting a proper mental health diagnosis less confusing and provide guidance in understanding what those diagnoses mean. (Joann Seeman Smith, PhD) **(Social Work CEUs)**

### **E6 - CPR and First Aid (part 2 of 2)**

Participants must also register for session D6 - no exceptions will be granted. (Maria Calhoun)



# Session F

## Saturday Workshops (2:00pm to 4:00pm)

### **F1 - The Trauma Informed Classroom: Using Emotional Regulatory Healing in the Schools**

This class will outline the core principles of Emotional Regulatory Healing and how to incorporate this paradigm into the educational system. Parents of children with trauma histories are encouraged to attend and brainstorm practical ways to advocate for their children's needs in the schools, using trauma sensitive language and suggestions. (Denise Leffingwell, MSW, LCSW) (Social Work CEUs)

### **F2 - Effectively Communicating with Your Hurt Child**

Being intentional when it comes to communication is a key component in creating a peaceful, nurturing environment for our hurt children. First, parents will learn how to identify and understand their child's communication filter. You will also learn how to be intentional with your receptive and expressive communication and practice using tools and techniques that really work to put an end to feelings of mistrust, round and round conversations and real disconnect that happens when you are trying to communicate with your child. (Stacy Manning, RN) (Social Work CEUs)

### **F3 - Positive, Playful & Practical Strategies for Fostering Hope & Attachment in Our Homes**

Parenting young people who are experiencing difficulty with attachment because of the traumas of abuse and neglect is difficult! The good news is that the latest brain research indicates that we can facilitate recovery from attachment, and that many of the ways in which we recover are related to fun, creativity and play. We will review how trauma disrupts attachment and then get ready to have some fun as we play with positive, playful, and practical parenting that nurtures both hope and attachment. (Lois Smidt & Krista McCalley) (Social Work CEUs)

### **F4 - Children Caught in Domestic Violence**

Children who are involved in domestic violence are the real victims in these situations because they are often emotionally and physiologically impaired. This class will provide an overview of domestic violence, how the cycle affects children in your care and improve the identification of children caught in cycle of domestic violence and bullying. Nancy will share the most up-to-date research on the psychological trauma (PTSD) in mothers and children involved in family violence. (Nancy Kilgore)

### **F5 - GRRRR - You Make Me So Mad! How to Diffuse Anger and Frustration in Infants and Preschoolers**

- This course will discuss basic strategies to help diffuse the situation when your young child (age 2-5) is angry or frustrated. Dr. Seeman Smith will review how to teach basic skills to your child and ways to stay calm and collected during these sometimes frustrating interactions. (Joann Seeman Smith, PhD)

### **F6 - Mindful Communication: Let's Nix the Golden Rule!**

Most of us have been taught the lesson of treating others the way WE would like to be treated... the "Golden Rule." But maybe a better lesson would be to treat others the way THEY would like to be treated. We'll cover the four personality types of the COLORS personality assessment tool. With this knowledge, participants will have the opportunity to discover how they can modify the way they speak and act in order to be understood and to understand others more effectively, even when very different perspectives are involved. (Jo Ann Lee & Martha Stewart) (Social Work CEUs)

# Meet the Presenters



*Lisa Cushatt*

Lisa serves as the Program Manager for Central Iowa ACEs 360 Steering Committee. The ACEs Steering Committee raises awareness of the life-long impacts of childhood trauma. Lisa is also an adjunct instructor in the human services field, and previously served as the Executive Director for United Ways of Iowa.



*Vanja Duric*

Dr. Duric is an Assistant Professor of Physiology and Pharmacology at the Des Moines University. He received a Ph.D. in Pharmacology from the University of Kansas Medical Center. He currently teaches in the areas of neurophysiology, neuropharmacology, drugs of abuse and toxicology.



*Betsy Keefer Smalley*

Betsy is co-author of the award-winning *Telling the Truth to Your Adopted or Foster Child: Making Sense of the Past and Wounded Children, Healing Homes*. She has 40 years of experience in child welfare, adoption placement, post adoption services and currently works for the Institute for Human Services in Ohio.



*Nancy Kilgore*

Nancy specializes in PTSD and various forms of family abuse. She is a faculty member for the Global Alliance for Preventing Relational Aggression, and consults for the U.S. Department of Justice, Office for Victims of Crime and California, Alcohol and Drug Department.



*Jo Ann Lee*

Jo Ann graduated from Graceland University with a B.A. in Sociology and Criminal Justice. She joined the Child Welfare Project in April of 2013 and works as a trainer developing and delivering trainings. For the past year, she has facilitated trainings on worker well-being including improving communication.



*Denise Leffingwell*

Denise has been collaborating, training, supporting and partnering with those in child welfare and mental health for over 16 years. Whether as a local and national trainer, therapist, consultant, crisis assessment specialist, or front line worker, Denise's mission is to share the message There is Always Hope in Healing.

# Meet the Presenters



*Stacey Manning*

Stacy is the parent of six children (3 of which are adopted). Stacy started Hope Connections where she provides support, family coaching, workshops and sensory tools for parents. Stacy is also the author of the book *Adoptive Parent Intentional Parent: A Formula for Building and Maintaining Your Child's Safety Net*.



*Krista McCalley*

Krista McCalley is an alumni of foster care who advocates for the rights of all youth. Since 2006, Krista has helped pass several laws within the state and federally. She travels nationally to educate foster parents, youth, and professionals of child welfare on key tools to transition and foster attachment with youth of all ages.



*Mike McGuire*

Mike has held the positions of police officer, probation/parole officer and was the coordinator of the Cerro Gordo County Community Drug Court program. Mike now supervises the Mason City probation and parole office. Mike and his wife Christie have been foster and adoptive parents for over 20 years.



*Christy Meyer*

Christy was a therapist and a substance abuse counselor for 14 years. She has extensive experience with foster care, as a therapist for a treatment foster care agency for 8 years working with teens transitioning back to community based programs. Christy's primary experience is with victims of trauma and the effects trauma on individuals.



*Jenn Pedersen*

Jenn is a full-time mom and foster parent. Jenn has two children with disabilities and has advocated for the best interests of her children and how to navigate the medical, educational, and therapy worlds. She has also been a board member of the Autism Society of Iowa has worked in the music therapy field for six years.



*Jolene Philo*

Jolene parented a child who lived with PTSD for 26 years and accompanied him during successful treatment for PTSD rooted in early, invasive medical procedures. Philo is a former educator with 25 years of public school experience, and is the author of two books for parents of children with special needs.



# Meet the Presenters



*Tony Raymer*

Tony has been providing and supervising services for individuals and families affected by mental illness and developmental disabilities since 2006. Tony is currently a mental health therapist at Advanced Therapy Solutions. He works with children as young as two using play and art therapy.



*Bambi Schrader*

Bambi has been working in the field of social work for over 25 years with 19 of those being in the field of foster care and adoption. Bambi also teaches classes for IFAPA as well as leads PS-MAPP classes. She and her family have also fostered and adopted a child with challenging behaviors.



*Joann Seeman Smith*

Joann specializes in the diagnosis and treatment of children and teens. She works with many diagnoses and issues including, ADD, learning disabilities, autism-spectrum disorders, behavior problems, depression, bipolar, and anxiety due to abuse, foster care, transition to adoption, bereavement, and divorce.



*Carly Shaw*

Carly is a graduate of ISU and currently serves as a Parent Partner. She brings a unique perspective to the group as she was once a child in foster care and then became a bio parent with a child in care. She brings to the table her life experience on both situations and facilitates a guided conversation with the group.



*Alyssa Shepard*

In addition to working with foster and adoptive children and families, Alyssa worked with children with attachment deficits and those who have experienced trauma as well as grief/loss, those on the Autism spectrum, ADHD, anxiety, depression, bipolar, sexual abuse, educational struggles, and other behavioral/emotional issues.



*Lois Smidt*

Lois Smidt is a seasoned practitioner and consultant in the world of community engagement and has worked with individuals and agencies on connecting people who have survived trauma to healthy relationships and community for over 20 years. For the past 6 years, Lois has trained for IFAPA.



# Meet the Presenters



*Martha Stewart*

Martha graduated from Grinnell College with a B.A. in Anthropology, and completed an M.A. in Anthropology and an M.S. in Economics from ISU. She joined the Child Welfare Research & Training Project in 2003 where she does technical writing and staff trainings for the Iowa Child Support Recovery Unit.



*Jill Sudak-Allison*

Dr. Jill Sudak-Allison has been a licensed mental health and licensed marriage and family therapist for over 25 years. She has worked with individuals, family and groups and with all ages. Jill has also taught for over 10 years at Drake University and at Grand View University.



*Joshua Woods*

Dr. Josh Woods has worked in psychiatric hospitals throughout Iowa for over 10 years. He is also a professor at Grand View University and has taught nationally and internationally at the undergraduate level for the past eight years. Josh is currently involved in research exploring false memory phenomena and neuroplasticity.

## 5 REASONS TO ATTEND OUR CONFERENCE:

1. **Have some behaviors in your home that are driving you up a tree? Our speakers can provide you with a new perspective, techniques to try and places to go for more resources.**
2. **Treat it as a much needed get-away for you and your spouse!**
3. **Network with your fellow foster/adoptive parents.**
4. **Connect with exhibitors who work primarily with foster/adoptive parents.**
5. **Learn about all of the great resources that IFAPA has available to foster and adoptive parents.**

# Save the Date

## IFAPA FALL CONFERENCE

**Friday & Saturday, October 16 & 17, 2015**

**Five Sullivan Brothers Convention Center (Waterloo, IA)**

# Conference Schedule

Registration  
deadline is  
Tues., Feb. 17

Each day of the  
conference is  
worth six hours  
of foster parent  
training credit.

## Friday, March 6

TIME	EVENT
7:00am - 8:00am	Conference Registration (coffee available)
8:00am - 10:00am <b>SESSION A WORKSHOPS</b>	<b>A1</b> - "Crazy-R-Us": Managing Crises in Foster and Adoptive Homes <b>A2</b> - Don't Give Up on Me <b>A3</b> - The Use of EMDR to Address Trauma and Attachment Issues <b>A4</b> - Seven Wonders of Adoption <b>A5</b> - Generations Next 2.0: Media and Toxic Culture <b>A6</b> - CPR & First Aid (part 1 of 2)
10:00am - 10:15am	Morning Break / Meet and Greet Exhibitors (coffee available)
10:15am - 12:15pm <b>SESSION B WORKSHOPS</b>	<b>B1</b> - Introduction of Neuropharmacology and Drugs of Abuse <b>B2</b> - Foster Parents as Mentors <b>B3</b> - New Disgnosis to the DSM 5: Disruptive Mood Dysregulation Disorder <b>B4</b> - Nine Essential Skills of trauma Informed Parenting <b>B5</b> - Generations Next 2.0: Relationships and Risky Business <b>B6</b> - CPR & First Aid (part 2 of 2)
12:15pm-1:45pm	Luncheon (Chicken Mancuso, Potatoes, Broccoli, Salad, Roll & Cheesecake)
1:45pm-2:00pm	Meet and Greet Exhibitors
2:00pm-4:00pm <b>SESSION C WORKSHOPS</b>	<b>C1</b> - A Guide to Supporting the Biological Family While Their Child is in Care <b>C2</b> - Emotional Regulation Training for the Traumatized Child and Their Family <b>C3</b> - Triggers: What Can Cause an Adoption Related Crisis? <b>C4</b> - Generations Next 2.0: "Through the Looking Glass" - Drug and Alcohol Trends <b>C5</b> - Adverse Childhood Experiences: A New Way of Understanding Lifelong Health <b>C6</b> - You Can't Push My Buttons Anymore: Resolving Your Own Trauma So You Can Effectively Parent Traumatized Children

## Saturday, March 7

TIME	EVENT
7:00am - 8:00am	Conference Registration (coffee available)
8:00am - 10:00am <b>SESSION D WORKSHOPS</b>	<b>D1</b> - Navigating the World of Special Needs Parenting <b>D2</b> - Intentional Parenting: Changing Hurdles into Healing <b>D3</b> - Building Relationships Through Play <b>D4</b> - Becoming a Regulated Parent: Creating Sanctuary Amidst the Chaos <b>D5</b> - Sleep: How to Know When Something is Wrong and What to Do <b>D6</b> - CPR & First Aid (part 1 of 2)
10:00am - 10:15am	Morning Break / Meet and Greet Exhibitors (coffee available)
10:15am - 12:15pm <b>SESSION E WORKSHOPS</b>	<b>E1</b> - What Do These Behaviors Mean? Understanding Trauma Through a New Lens <b>E2</b> - Lying, Stealing and Other Pushback Behaviors <b>E3</b> - It's Not About Being Nice, It's About Being Effective: Parenting to Understand Trauma and Respond Effectively to Troubling Behaviors <b>E4</b> - Bullying and Sibling Abuse <b>E5</b> - My Child Has What? Understanding Mental Health Diagnoses <b>E6</b> - CPR & First Aid (part 2 of 2)
12:15pm-1:45pm	Luncheon/Membership Meeting (Pork Loin, Potato, Green Beans, Salad, Roll & Cake)
1:45pm-2:00pm	Meet and Greet Exhibitors
2:00pm-4:00pm <b>SESSION F WORKSHOPS</b>	<b>F1</b> - The Trauma Informed Classroom: Using Emotional Regulatory Healing in the Schools <b>F2</b> - Effectively Communicating with Your Hurt Child <b>F3</b> - Positive, Playful & Practical Strategies for Fostering Hope & Attachment <b>F4</b> - Children Caught in Domestic Violence <b>F5</b> - GRRR! You Make Me So Mad! Diffusing Anger & Frustration in Infants & Preschoolers <b>F6</b> - Mindful Communication: Let's Nix the Golden Rule!

# Registration Form

1st Participant \_\_\_\_\_ 2nd Participant \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ County \_\_\_\_\_

Email(s) \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Please check all that currently apply:

I am a: ☐ Foster Parent ☐ Adoptive Parent ☐ Kinship Caregiver ☐ Social Worker\*

\*If you need Social Worker CEUs please include your license # \_\_\_\_\_.

Workshop Choices - Class Size is Limited						
Please specify your workshop preferences (i.e. A3) in the chart below						
Workshop Choices	Friday, March 6			Saturday, March 7		
	Session A (8am-10am)	Session B (10:15am-12:15pm)	Session C (2pm-4pm)	Session D (8am-10am)	Session E (10:15am-12:15pm)	Session F (2pm-4pm)
1st Participant	A _____	B _____	C _____	D _____	E _____	F _____
2nd Participant	A _____	B _____	C _____	D _____	E _____	F _____

Special Meal Requests		
	Friday, March 6	Saturday, March 7
	Special Meal Requests (Special Meal Requests Needed by Feb. 17)	Special Meal Requests (Special Meal Requests Needed by Feb. 17)
1st Participant	____ Vegetarian / ____ Gluten-Free	____ Vegetarian / ____ Gluten-Free
2nd Participant	____ Vegetarian / ____ Gluten-Free	____ Vegetarian / ____ Gluten-Free

Type of Attendee	Registration Details	# of People		Cost Per Person		Cost
Foster/Adoptive/Kinship Parents	2-Day Conference (includes lunches)		x	\$70	=	\$
Foster/Adoptive/Kinship Parents	1-Day Conference (includes lunch)		x	\$50	=	\$
Social Workers/Professionals	2-Day Conference (includes lunches)		x	\$100	=	\$
Social Workers/Professionals	1-Day Conference (includes lunch)		x	\$80	=	\$
Total Amount Due:						\$

## ALL REGISTRATIONS MUST BE POSTMARKED OR DROPPED OFF AT THE IFAPA OFFICE BY TUESDAY, FEBRUARY 17, 2015.

Methods of payment accepted are check, money order and credit cards (online only). (CANCELLATION REFUND DEADLINE IS TUESDAY, FEBRUARY 17, 2015 - NO EXCEPTIONS.)

To register and pay online, please visit [www.ifapa.org](http://www.ifapa.org). If you have questions, please call 800-277-8145 ext. 1 or e-mail Stephanie Miles at [smiles@ifapa.org](mailto:smiles@ifapa.org). IFAPA will email a confirmation letter to attendees the week of March 2, 2015.

If registering by mail, return this form with payment to: IFAPA (6864 NE 14th St., #5 - Ankeny, IA 50023)



6864 NE 14th Street, Suite 5  
Ankeny, IA 50023  
Toll-free: 800.277.8145  
Dsm area: 515.289.4567  
Website: [www.ifapa.org](http://www.ifapa.org)  
E-mail: [ifapa@ifapa.org](mailto:ifapa@ifapa.org)

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*Please Note!!*

**THERE ARE LIMITED  
SPACES IN THE  
CONFERENCE  
WORKSHOPS, SO  
REGISTER EARLY TO  
CLAIM YOUR SPOT!**